

A N N U A L  
N A R R A T I V E R E P O R T

for

P I N A L C O U N T Y

Mrs. Mae Baldridge  
County Home Demonstration Agent

December 1, 1951

to

August 23, 1952

Mae Baldrige  
Pinal County  
1952

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Report Summary - December 1, 1951 to August 23, 1952

Days spent in office - - - - -	128 $\frac{1}{2}$
Days spent in the field - - - - -	70 $\frac{1}{2}$
Days spent conducting work with adults - - - - -	147 $\frac{1}{4}$
Days spent in Junior work - - - - -	51 $\frac{3}{4}$

Adult work was carried on in 13 communities through ten Homemakers Clubs, Valley Farms Farm Bureau, Three Relief Societies, Casa Grande Junior Women's Club, Special Interest Meetings, and individual contacts. Two new clubs were organized.

Forty-four adult method demonstrations were conducted by the Agent with a total of 661 homemakers attending. There were 35 meetings conducted by local leaders with a total of 545 homemakers in attendance.

The agent attended the County Homemakers Council two times during this period, and five 4-H Councils were attended.

A total of 61 home visits were made. There were 209 office calls and 186 telephone calls. There were 109 news articles published in the Agent's weekly column and nine radio broadcasts were made. There were 1495 bulletins distributed.

#### Subject Matter

Clothing - Tailoring was again the big project. The fall classes were completed and a new spring class was conducted in the Superior - Ray area. A final count shows that 39 suits were made and 37 coats were made, in these two classes. Mending and Reweaving was the leader training lesson, and this was given to nine groups by the leaders and three groups by the Agent.

Nutrition - "Eat and Stay Young" was one of two foods projects given this year. The Agent conducted this demonstration to eight homemakers groups.

Food Preparation - "Use of Herbs and Spices" was the second foods project. This was leader training meeting and was presented to eight club groups.

Food Preservation - Two freezing demonstrations were given with four communities represented.

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Family Economics and Home Management - A lesson called "Jiffy Jobs" was presented to ten club groups by the Agent.

Health and Safety - Five clubs have held their health meetings to date.

Home Beautification - One pruning demonstration was held with three communities represented.

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### EXTENSION ORGANIZATION AND PLANNING

There are now ten homemakers clubs in Pinal County. These are as follows:

<u>Name of Club</u>	<u>President</u>	<u>Members</u>
Casa Grande Afternoon	Mrs. Ann Kroese	26
Casa Grande Evening	Mrs. Gladys McDonald	14
Eloy	Mrs. James Stevenson	18
Kenilworth	Mrs. Cecil England	40
Ray	Mrs. Ruth Clemmer	25
Sun Valley	Mrs. Christine Meeks	20
Superior	Mrs. Dorothy Olson	19
Winkleman	Mrs. Stella Downey	43
Tiger	Mrs. Don Stevenson	13
Sonora	Mrs. Alice Mercado	41

### Organization of New Groups

#### Tiger

A new club was organized in the Tiger area. These women have shown interest in club work as a result of home visits that the Agent made in January. One of the women contacted had been a homemaker in Cochise County, and she was instrumental in interesting other women in the work. At the organization meeting held in March, officers were elected, and the Agent gave parts of the Mending and Reweaving lesson. The women decided that they would contact the members of the Red Hill Social Club who were at one time a homemakers group.

#### Valley Farms

On April 7th the Agent attended a Farm Bureau meeting with the County agent and his wife, at Valley Farms. The purpose of this visit was to become better acquainted with the people in that area and to see if they would be interested in forming a Homemakers Club. There were only a few women present, and they seemed to be content with their Farm Bureau duties. However, another contact should be made later to determine the possibility of a club.

#### Sonora

Mrs. Ruth Clemmer, of Ray, and a woman at Sonora wrote to the Agent and asked if it would be possible to organize a homemakers club in Sonora. The Agent answered both by

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outlining the purpose of such a club, and the work of the project leaders and the minimum number for enrollment. A list of names was then sent to the Agent and a date for the organizing was set. This was May 15. Ten Sonora women met with Mrs. Clemmer and the Agent. Again the purpose of a homemakers club was outlined to the women. They have a Social Club of about seventy women and felt they needed something to study or work on in order to keep that organization alive. After quite a bit of discussion, they decided to form a separate Homemakers Club with its own officers. This will take the place of one of the two meetings a month that the Social Club had been meeting.

These women are all Spanish speaking, but assured the Agent that they could understand more English than they could speak. This should be an interesting group to work with. It certainly will keep an Agent on her toes to be able to talk and work with them. The club at Ray has promised to sponsor this group. They will send their project leaders to give lessons which other clubs have already received this year.

### County Council

On January 16th, the County Council was held at Picket Post Lodge near Superior. It has been the custom for the first council of the new year to be an officers training session. Keeping this in mind, the program was set up accordingly. Mrs. Jane Peters, President of the Council, conducted a short business meeting, and then the group was divided into officers discussion groups. These were led by the following:

Presidents and Vice-Presidents	- Mrs. Jane Peters
Secretaries and Treasurers	- Mrs. Helen Hallberg
Reporters	- Mrs. Vic Neilson
Delegates	- Miss Jean Stewart
Project Leaders	- Mrs. Mae Baldridge

The Agent worked with Mrs. Peters and Mrs. Hallberg planning their part in the training session.

Mrs. Neilson was contacted by letter. She is the wife of the former Editor of the Superior paper, and has had training in journalism. From all reports each group was very satisfactory and the officers gained a great deal from attending them.

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After lunch each of the discussion groups gave their reports, and in some cases recommended changes. Miss Stewart presented a Certificate of Achievement to the following clubs: Superior, Sun Valley, Winkleman, Eloy, and Casa Grande afternoon. Country Life Conference was discussed and program suggestions made. The climax of the day was a Style Show presented by the women who had completed their garments in the fall tailoring class. Twentyeight women and the Agent appeared in this Style Show.

The Spring Council meeting was held at the Ray-Con Clubhouse in Ray, on April 14. Mrs. Jane Peters, Council president, presided. All of the clubs excepting Eloy were represented.

During the business meeting the clubs reported on their participation of National Home Demonstration Week.

The next council was set for September 24, at 10:00 A.M. at the Casa Grande Rebeccah Hall. It was voted to allow presidents, delegates, and project leaders to attend this meeting. As a rule, the Councils limit their number to just Presidents and Delegates.

Since this was a pre-program planning meeting, the clubs gave their suggestions for next year's program. Miss Stewart, State Leader, introduced a questionnaire which should help the officers find problems in their communities.

During the afternoon Mr. James Lambert, of the University of Arizona, Speech Department, talked on parliamentary procedures. He had given this talk at Country Life Conference and was liked so well, that the women requested him for this Council meeting. Mr. Lambert also gave a short talk on problem solving.

### Program Planning

All eight clubs in the County spent the month of January filling in the year book. The Agent attended seven of these meetings and worked with Mrs. McDonald, president of the Casa Grande evening club, to help her club set up their program. The Agent discussed with each group the fact that the program had been set up on a County basis and that each club group should select the part of the program which they desired. If there were parts they did not wish, they were asked to plan their own program for those months. In all cases the entire county program was accepted. This method of contacting the clubs was very beneficial to the Agent since this was the first direct contact made in this County.

Club                      President & Delegate

C.G.Aft.	A. Kroese - W. Haymes
C.G.Eve.	G. MacDonald-M. Allen
Eloy	R. Manis - D. Price
Kenilworth	G. England
Ray	R. Clemmer - J. Wilson
Superior	D. Olson - J. Olson
Sun Valley	C. Weeks - I. Wilkerson
Winkleman	S. Downey - O. Murchison

\* \* \* \* \*  
 \* \* P I N A L C O U N T Y \* \* \* \* \*  
 \* \* H O M E M A K E R S \* \* \* \* \*  
 \* \* C O U N C I L \* \* \* \* \*  
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O F F I C E R S T R A I N I N G

January 16, 1952  
 Superior, Arizona



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### Country Life Conference

There were 26 women from Pinal County who stayed in Yuma Hall at the University of Arizona, April 14 - 17, to attend Country Life Conference. Four others came in from Oracle to attend a Library Workshop.

Those attending were as follows:

Casa Grande: Mrs. Alice Bernard, Mrs. Marie Wells,  
Mrs. Goldye Colvin, Mrs. Ida Branum,  
Mrs. Jane Peters, Mrs. Kitty Forbach,  
Mrs. Matilda Sievers  
Sun Valley: - Mrs. Inez Wilkerson, Mrs. Helen Hallberg,  
Mrs. Christine Weeks, Mrs. Rudolph Peters,  
Mrs. Sofus Petersen  
Coolidge: - Mrs. Rassmussen, Mrs. Louise Dooley,  
Eloy: - - Miss Dorothy Price, Miss Ethel Wolf,  
Hayden: - Mrs. Bernice Hicks, Mrs. Catherine Miller,  
Winkleman:- Mrs. Stella Downey, Mrs. Myrtle Shortzer,  
Mrs. Mabel Evens, Mrs. Walter Stienke,  
Mrs. Marge Hight, Mrs. Florence Yoder,  
Mrs. Gladys Haskins  
Oracle: - Mrs. Richard O'Brien, Mrs. Margaret Bowyer,  
Mrs. Alice Gonzales, Mrs. James Button  
Ray: - - - - Mrs. Virgie Torbett

It is rather difficult to say that any one feature was outstanding for every session was good. As one woman said, "Every talk and workshop seemed to be a link that formed a complete chain by the end of the conference".

Two films were shown. These were "Morning Star" and "Self Detection of Cancer". These are available to any club group in the State. "Morning Star" was a picture showing how a herd of sheep was driven from the desert to the high mountains in Arizona. It shows the hazards they encounter and how they got to their summer grazing ground without a serious mishap.

One report hit we Pinal County folks very hard. It was on Infant Maternal Health in the State. We learned that Pinal County has a very high infant death rate. Something can and must be done about this.

The agent was chairman of the Library Workshop. This was conducted the first day by Mr. Louis Ledger who demonstrated how to bind books. The demonstration was good but took up all the time so the women did not get a chance to try it before they left.

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On the second day some of the University Library Staff discussed selecting books for children. The main thing brought out was that books should be selected not only for the story but also for the illustrations. This will help teach a better understanding of good art.

The women from Oracle did not attend the second class. They were mainly interested in learning how to catalogue books.

### Annual Conference

The Agent attended Annual Conference which was held on December 4 - 7. There were several items on the program of outstanding significance. However, the one in the general session which impressed the Agent most was that given by W. J. Ellison, District Manager of the Standard Oil Company. His pointers on meeting the public were excellent and can be used over and over again.

Care of children at club meetings was high-lighted during one of the Home Demonstration Agent's sessions. It is hoped that a kit can be set up to help clubs handle this situation. This kit should include toys and other play equipment to occupy the children during club meetings.

Looking at the Conference from an over-all viewpoint, it covered many topics of importance to everyone.

### Fair Judging

On May 22, the agent judged Domestic Arts at the Sacaton Fiesta. Miss Twitty, Home Demonstration Agent at Phoenix, judged the foods and a representative of the Indian Arts Society judged the pottery and other Indian Crafts. This was a new experience for the Agent. The sewing and choice of colors was very good.

### Recreation School at Alcalde, New Mexico

From April 28, to May 8, the Agent, Mr. McKee, State 4-H Leader, and Mr. McGrew, 4-H Agent from Yuma County, attended this recreation school.

This school was set up to train men and women who have charge of recreational groups.

The morning session consisted of group singing, active games, demonstrations, and discussion groups. During the afternoon craft sessions were held. The Agent spent most of her time

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attending the Leather Craft classes and a part of her time at the folk dancing class. Information gained at these will be used for 4-H camps.

During the evening, a party and ceremony were held. Each person participating was asked to register for a tea, party, and ceremony committee.

It is difficult to put on paper the great amount of information gained from this school. It was very well planned and would be worth while for anyone. It is hoped that the Agent may attend again, and that more from this State can attend another year.

Time spent at this school has been divided on the statistical between adult and 4-H since all of the information gained can be used for both groups.

#### Information Program

A County Circular Letter was sent to the Homemakers each month. This letter is sent out near the end of the month and highlights the events to happen during the next month, such as the project for the month, the schedule of club meetings, household hints and available bulletins. A sample of the circular letter is enclosed.

News articles were sent each week to the Casa Grande Dispatch, Eloy Enterprise, the Coolidge Examiner; The Florence Blade and The Superior Sun were printed at Coolidge and used some of the material that was sent to the Coolidge paper. The Superior Sun changed hands recently and since then have asked that the column material be sent direct to them.

The following articles have been sent to these papers:

December 3 -	Read Labels When Buying Fabric
	Club Meeting Dates
December 3 -	Tailoring Meetings
	Cranberry Stains
December 10 -	Christmas Suggestions (Dustless Duster)
	Inner Secrets
	Silver Polish
	Peanut Brittle
December 15 -	"Glo" Candle and Directions How to Make
December 24 -	Prunes to Please
	January Plenty
December 31 -	Turkey Fryers Make Good Roasters
	Off-Peak Housework
January 7 -	Loan Kits
	Laundry Location

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- January 14 - Sewing Machine Shopping  
Cooking White Rice
- January 21 - Tailoring Classes Completed  
Needle For Home Jobs  
Club Calendar  
Council News
- January 28 - Club Calendar  
Up From the Nursery  
Gingerbread Mix and Recipes
- February 4 - Club Calendar  
Inexpensive Meat Dishes  
Numerous Uses for Old Sheets
- February 9 - Club Calendar  
Home Sewing Tips  
Tailoring Techniques
- February 19 - Club Calendar  
Home Sewing Tips  
Stay Stitching  
Wood Sealers Finish Well
- February 25 - Club Calendar  
Home Sewing Tips  
Bound Buttonholes  
Standardizing to Cut Building Costs
- March 3 - Club Calendar  
Mending (Levi Patch)  
Good Kitchens Take Planning
- March 10 - Club Calendar  
Country Life Conference  
Wasteful Stretch  
Early Eggs
- March 17 - Soaps and Synthetic Detergents for  
Home Laundering of Cottons  
Sieve versus Strainer
- March 24 - Club Calendar  
4-H Fair Plans  
April Abundance
- March 31 - Cleaning Lessons Home Fire Danger  
Meetings Honor Women's Leaders
- April 7 - 4-H Fair Placings  
Homemakers Club Calendar  
Country Life Conference  
4-H Fair Highlights
- April 14 - Pinal County Girls Chosen for Roundup  
Homemakers Club Calendar  
Honey Spreads  
Fitting Coats and Suits
- April 21 - Club Calendar  
Country Life Conference  
Highlight Kitchen Planning
- April 28 - Club Calendar  
National Home Demonstration Week  
Skill Aids Job of Automatic Washer

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- May 5 - Club Calendar  
County Council Meeting Planned  
On May Markets  
Prunes and Raisins
- May 13 - Club Calendar  
Need Varies in Eating Schedule  
Setting the Stage for A Party
- May 17 - Pinal County Homemakers Council Meets  
Club Calendar  
Late Berries Good in Jam  
Setting the Stage for A Party #2
- May 26 - Club Calendar  
Poultry Included in June Plentifuls  
Setting the Stage for a Party #3
- June 2 - Club Calendar  
Detergent Data  
Family and Community Recreation
- June 9 - Club Calendar  
Try Alternates for Potatoes  
New Insurance for Frozen Foods
- June 14 - Summer Desserts  
Control of Household Pests
- June 21 - More Leisure Time  
Costly Fads
- June 30 - Bleaching and Washing  
Salads
- July 7 - Specify Weights in Buying Hose  
Summer Pie Special
- July 14 - Peach Supply to be Larger  
Arrange Kitchen to Reduce Steps
- July 21 - Take Measures to Avoid Burns  
Choosing Perfumes
- July 28 - Frozen Futures  
Handy Duplicates

### Radio

During the period covered by this report nine radio broadcasts have been made at station KCKY in Coolidge. These are as follows:

- December 14 - Combined broadcast with Mr. Henness, County Agent. Topic was cooking venison.
- January 11 - Club Calendar and new method for laundering blankets.
- February 8 - Highlighting Leaders' Training Meetings, and importance of leaders.
- February 29 - National 4-H Club Week. A review of 4-H clubs organized this year. Leaders names and locations of clubs were given.

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- April 11 - Country Life Conference and National Home Demonstration Week. Mrs. Gladys MacDonald and Mrs. Marie Wells were interviewed. They told how the two Casa Grande Clubs were organized, and their plans for the National Week.
- April 18 - Highlighting Country Life Conference and National Home Demonstration Week. This time three women who had attended Country Life Conference were interviewed. These were Mrs. Rasmussen and Mrs. Dooley of Coolidge, and Mrs. Inez Wilkerson of 11-Mile Corner.
- May 16 - Homemakers and 4-H Calendar, and a discussion of material in bulletin called "Eat and Stay Young".
- June 27 - Discussion of the Jiffy Jobs Lesson.
- July 18 - Freezing foods, especially fresh fruits now on the market.



## Homemaker's Hints

by the

HOME DEMONSTRATION  
AGENT

Mae Baldridge



### CLUB CALENDAR

The Homemakers Club Calendar for the next week is as follows:

May 6—7:30 Casa Grande Evening—home of Mrs. Gladys MacDonald—Film "Self Detection of Cancer."

May 13—10:00 a.m.—Superior Homemakers at the home of Mary Stacey—Project: Jiffy Jobs and Their Tools.

May 14 — 10:00 a.m. — Pinal County Meeting at Ray. All Presidents and Delegates are urged to attend.

May 15 at 1:30 p.m. at home of Mrs. Jeanne Wilson, Ray. Project: Jiffy Jobs and Their Tools.

### COUNTY COUNCIL MEETING PLANNED

The Spring Homemakers' Council Meeting is planned for 10:00 a.m. May 14th at Ray. Presidents and Delegates of the nine homemakers clubs are planning to attend this event. It will be held in the Ray Con Club House. Mrs. Jane Peters, Council President, will conduct the meeting. The main item of business will be program planning suggestions for next year.

### ON MAY MARKETS

Foods featured on the plentiful list for May are: Eggs, tender young chickens, broilers and fryers, and fresh oranges and grapefruit. Next month's markets also are expected to have a variety

of fresh vegetables, depending on the locality. Most likely to be in good supply at prices favorable to consumers are cabbage, kale, escarole, spinach, lettuce, snap beans and carrots. May is the month to feature green leafy vegetables — cooked or fresh in salads — for that vitamin A that may have run short in late-winter meals.

May is also the month when dairy products are plentiful and reasonable in price — milk, buttermilk, cheese and cottage cheese, for example.

Continuing in plenty next month will be canned and frozen orange juice; canned grapefruit juice; and dried prunes and raisins.

For the main dish, in addition to eggs and chicken, there will be large supplies of fresh fish and frozen ocean perch fillets.

Other plentifuls are: Peanut butter, salad oils, and cooking fats.

### PRUNES AND RAISINS

Those two popular, penny saving dried fruits — prunes and raisins — deserve attention for budget meals during the next few weeks. Production of both last year was so large that supplies are still abundant and prices are expected to continue low enough to fit them into many thrifty meals.

Consider, for example, a team of prunes and raisins in cakes, cookies, stuffings for pork or poultry, steamed puddings, spiced

fruit cake or brown bread. In an upside-down cake, the little raisins can fill the chinks between the prunes and make them an appetizing topping when the cake is turned out for serving.

# "Sample of Monthly Circular Letter"

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
CASA GRANDE

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

February 26, 1952

Dear Homemaker:

February always passes so quickly! It seems as though it was only yesterday that I sent you the February letter, and here it is time for the highlights of March!

## PROJECT OF THE MONTH



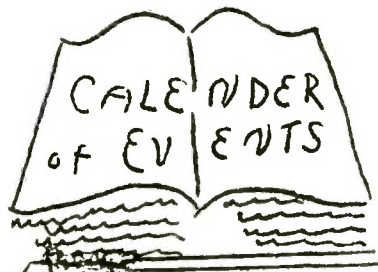
A foods lesson will be the highlight of the meetings this month. The topic chosen is "EAT AND STAY YOUNG". Most of the clubs plan to make this an all day meeting, and the noon meal will be prepared as a part of the lesson.

Most of us do not want to grow old and it is natural for us to think of ourselves as young and sprightly as the years advance. And we can be! Present day nutrition offers us an extra ten years of life, if we live under its guidance. Let's start now to give more attention to the kind and amount of food we eat every day. In most cases the woman does the food shopping. Are we buying the right foods for our family's health? Let's find the answer to this fact during our meeting.

Note: In order to cut down on the use of the hostesses equipment, please bring your own silverware, two soup bowls, and a small plate and a cup and saucer.

## CLUB CALENDAR

Please note that the Casa Grande Aft. meeting has been moved up a week. The Eloy meeting will no doubt be changed also. The reason for these changes is that the 4-H Fair will be held the last week of March.



Date	Club	Place	Subject
March 1	All 4-H Club Leaders	Kenilworth School	Fair Plans
4	Casa Grande Evening	Mrs. Betty Cobb	Eat & Stay Young
5	Winkleman	Mrs. Edna Nash	" " "
6	Sun Valley	Greenhouse	Husband's Party
11	Superior	Nora Bunch	Eat & Stay Young
12	Ray	Mrs. Helen Elliott	" " "



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## (Club Calendar Cont.)

Date	Club	Place	Subject
March 18	Kenilworth	Mrs. Nora Davis	Eat & Stay Young
20	Sun Valley	Mrs. Jewel Peterson	" " "
21	Casa Grande Aft.	Mrs. Kitty Forbach	" " "
27	Eloy Evening	Community Center	" " "
28-29	4-H County Fair	Kenilworth School	

IMPORTANT EVENTS

March 1 4-H LEADERS COUNCIL MEETING - 10:00 A.M.  
Kenilworth School - This is the last  
Council Meeting before the Fair.

March 1-9 NATIONAL 4-H WEEK

March 5-6 SPECIAL WORKSHOPS - with Mrs. Lydia Ann Lynde,  
Washington Extension Specialist in Parent Education.

March 5 - 1:30 - 4:00 - Riverside School Auditorium  
Buckeye Road at Lateral 17 - Phoenix

March 6 - 1:30 - 4:00 - Trinity Presbyterian Church  
740 N. 4th Ave., (Activity Building in  
rear) Tucson

The topic for these meetings will be "A Guide for  
Working With Youth". I am hoping that each home-  
makers' club and each 4-H Club will have one or two  
representatives at one or the other of these meetings.  
This will be an opportune time to do some follow-up  
work on some of the problems submitted at the Arizona  
Children's Conference. If you have any questions at  
all about these meetings, please contact me.

March 28-29 PINAL COUNTY 4-H FAIR at Kenilworth School. Plans  
are underway for a fine Fair. I hope you will plan  
to be there to see what nice work the boys and girls  
of our county are doing.

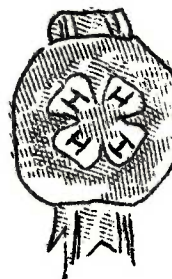
AVAILABLE BULLETINS

Cheese in Your Meals ) U.S.D.A. Leaflet with lots of good  
Egg Dishes for Any Meal ) ideas for Lent Dishes.

Pots and Pans for your Kitchen - another U.S.D.A. bulletin  
giving lots of pointers in  
selecting kitchen utensils.

HOUSEHOLD HINTS

When buying plastic kitchen equipment, read the label to find  
what temperature it will stand, as some plastics can take boiling  
or near boiling temperatures while others can not.



-3-

Let's Go



TO COUNTRY LIFE CONFERENCE!!

April 14 - 17 - COUNTRY LIFE CONFERENCE

Here's that big State event you have all been asking about. The date has been set and plans made for each event, so now it's all up to you. Don't let Pinal County down! Let's have a good turn-out! Reservations must be in my office by March 25th. You will find a registration blank at the end of this letter. Fill it out now - don't wait!

Sincerely,

Mae Baldrige  
Home Demonstration Agent

MB/mm

RESERVATION  
for  
COUNTRY LIFE CONFERENCE

To be held on the University of Arizona campus, Tucson, April 14, 15, 16 and 17, 1952.

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Tel. \_\_\_\_\_

(Please return this form to the County Extension Office, Casa Grande, Arizona by March 25, 1952 if you wish to attend.)

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## NUTRITION

### Eat and Stay Young

One of the main projects for the year is "Eat and Stay Young". Mrs. Morris, extension nutritionist, and the Agent planned this meeting to include soup making which had been requested at the Program Planning meeting. The purpose of this lesson is to help improve the eating habits of women, encourage home pasteurization of milk, and encourage better food shopping habits. The lesson was presented in March as follows:

- a. Results of Nutritional Surveys
- b. Life Span Increase
  1. Aging Population
  2. Decrease in Infant Mortality
  3. Better Sanitary Conditions
- c. Reasons for Women having poor eating habits
- d. How to improve these habits
  1. What is the problem
  2. How to overcome the problem
- e. Introduction of Soup Recipes
- f. Preparation of Lunch
- g. Serving and Criticism of Meal
- h. Food Guides checked for Basic 7 Foods
  1. Foods Eaten Yesterday
  2. Meals Served Today
- i. Summary and plans for followup.

This lesson was presented to eight homemaker groups. Already we have had a report from one of the women who has discovered she has undulant fever. She checked into her condition as a result of this meeting.

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Information

News articles published in this field:

Need Varies in Eating Schedule

Radio broadcasts:

Eat and Stay Young

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## FOOD SELECTION AND PREPARATION

### Use of Herbs and Spices

Mrs. Morris, extension nutritionist, and the agent conducted this Herbs and Spices lesson as a leader training meeting with two meetings being held in April. The first one was held at the home of Mrs. K. K. Henness, and four clubs, Casa Grande afternoon, Casa Grande evening, Kenilworth, and Sun Valley were represented. The second meeting was held at the home of Mrs. Flora Clarke in Ray, with four clubs, Tiger, Ray, Superior, and Winkleman represented. Only one club, Eloy, missed sending leaders for this lesson.

The purpose of this lesson was to introduce the common spices and a wider range of their uses, introduce vegetable cookery techniques, continue the study of how to improve eating habits, and encourage better shopping habits through weekly planning.

This lesson was presented as follows:

- A. Review Eat and Stay Young Lesson
  1. How it was accepted
  2. Read bulletin with leaders
  3. Point out leaders' role in today's lesson
- B. Check questionnaire on Foods eaten yesterday and discuss
- C. Introduce Herb information
  1. Classification
  2. Uses
- D. Make meal preparation assignments
  1. Leaders prepare meal
  2. Agents point out vegetable cookery techniques
- E. Serving and Evaluation of Lunch
- F. Check "Meals Eaten for One Week" with leaders
  1. Note low Basic 7 groups
  2. Suggest dishes to round out week's meals
- G. Plan Shopping
  1. Use food shopping plan in "Nutrition Up To Date, Up To You"
  2. Challenge leaders to trying this for one month.
- H. Summary and Plan of Presentation to clubs

Bulletins used for this lesson were "Nutrition Up to Date, Up to You" and a Mimeo on "Herbs and Spices". Those used

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for the first lesson were "Eat and Stay Young", "National Food Guide" and a mimeo on soup making.

All eight clubs report having this lesson during April and May. The Foods leaders kept some check sheets which should come in during October.

#### Other

Mrs. Wilkins of Kelvin had been asked to give a tamale making demonstration and the meeting was held on March 19. The women report that there were thirty-five present. Mrs. Wilkins did a very good job.

#### Information

News articles published in this field were:

Inner Secrets  
Peanut Brittle  
Prunes to Please  
January Plenty  
Turkey Fryers Make Good Roasters  
Cooking White Rice  
Gingerbread Mix and Recipes  
Inexpensive Meat Dishes  
Early Eggs  
April Abundance  
Honey Spreads  
On May Markets  
Prunes and Raisins  
Late Berries Good in Jam  
Poultry Included in June Plentifuls  
Try Alternates for Frozen Foods  
Summer Desserts  
Salads

One radio broadcast was made:

Cooking venison

"Letter Sent to All Foods Leaders and Presidents"  
 COOPERATIVE EXTENSION WORK  
 IN  
 AGRICULTURE AND HOME ECONOMICS  
 STATE OF ARIZONA  
 CASA GRANDE

UNIVERSITY OF ARIZONA  
 COLLEGE OF AGRICULTURE  
 U. S. DEPARTMENT OF AGRICULTURE  
 AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE  
 HOME DEMONSTRATION WORK  
 COUNTY AGENT WORK

March 24, 1952

Dear Foods Leader:

The Foods Leader Training Meetings for the lesson "Use of Herbs and Spices" have been planned for April 2nd and 3rd.

Although two meetings are being held, these are for your convenience, and you should plan to attend only one - the one most convenient to you.

The first meeting will be held on April 2nd at the home of Mrs. K.K. Henness, five miles east of Casa Grande on the Tucson Highway. The second meeting will be on April 3rd at the home of Mrs. Flora Clark, Ray. Mrs. Clark lives one block west of the Superior Highway, House #708. To find her house, you make the turn west where the highway makes the turn to go through the last group of houses on the north edge of Ray.

These meetings will begin at 10:00 a.m. and will be over around 3:00 p.m. We will plan and prepare our noon meal as a part of the lesson. Please bring the following:

An Apron  
 "Eat and Stay Young" bulletin  
 National Food Guide  
 Your own food record for one week.  
 Club members food records for the  
 one day.

I am looking forward to seeing you.

Sincerely,

*Mae Baldridge*

Mae Baldridge  
 Home Demonstration Agent

MB/mm



Mae Baldridge  
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## FAMILY ECONOMICS AND HOME MANAGEMENT

### Jiffy Jobs

One of the main requests at the program planning meeting last September was "How to get out of the kitchen". Miss Ryan and the agent discussed this request and decided to present the lesson called Jiffy Jobs.

The agent and Miss Ryan spent most of one day in April planning this meeting. The goals of this lesson were as follows:

1. Improved planning of housework
2. More leisure time for women
3. Improved methods of housework by using better tools
4. Arouse interest in further study of Home Management field

This lesson was planned for the agent to take to the clubs. All ten clubs were contacted.

This lesson was planned as follows:

- A. How Busy are You -- What does that mean
- B. Time
  1. What kind do we have
  2. Three kinds of time-- first mortgaged, second mortgaged, and free time.
- C. Where does time go
  1. Poor use and how to correct
  2. Use time chart
- D. Schedules -- Every one makes them
- E. Who does the work
  1. Use check sheets
  2. Point out duties that could be shared
- F. Work Simplification -- Better Methods
  1. Use industrial slogans and give examples in home
  2. Time - Energy - Money involved - All can't be saved
- G. Directions this could go
  1. Job analysis or Jiffy Jobs
  2. Discuss other approaches to Home Management
- H. Hand out mimeo on Jiffy Jobs and discuss
- I. Summary

This proved to be a very interesting lesson and the women entered into the discussion readily. They will no doubt be anxious to continue this study another year.



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The bulletin called "Time Management for Homemakers" published by Household Finance Corporation was used as a reference. Mimeographed material was handed out. The women were asked to fill out the check sheet on themselves and make improvements of their work habits during the coming months. Report sheets at the end of the year should indicate results of this lesson.

### Information

News articles published in this field:

- Detergent Data
- Removing Cranberry Stains
- Xmas Suggestions (Dustless Duster)
- Silver Polish
- Glo Candle and how to Make it.
- Off-Peak Housework
- Laundry Location
- Up From The Nursery
- Wasteful Stretch
- Soaps and Synthetic Detergents for Home Laundering of Cotton
- Skill Aids Job of Automatic Washer
- Bleaching and Washing
- More Leisure Time
- Costly Fads

Radio Broadcasts:

- Jiffy Jobs
- Blanket Laundering

News articles on House and Furnishings were:

- Wood Sealers Finish Well
- Standardizing to Cut Building Costs
- Good Kitchens Take Planning
- Sieve vs. Strainer
- Highlight Kitchen Planning

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## CLOTHING AND TEXTILES

### Tailoring

Four tailoring classes were started last fall and the last two lessons were held in December and the early part of January. It was difficult for the women to keep up with the class work due to many Holiday activities. The Hayden group was especially slow in completing. Mrs. Stella Downey, president, has been a Home Economics teacher and was very helpful in assisting members of this group to complete their work.

These last two lessons were presented by Miss Church, Clothing Specialist, and the Agent as follows:

#### Fourth lesson:

1. Press under collar
2. Attach top collar to garment
3. Measure hem of coat or suit
4. Baste muslin in hem
5. Demonstrate fitting in sleeves
6. Assignment for next meeting

#### Fifth or Final Lesson:

1. Check sleeves
2. Make two rows of stitching on sleeves and trim between notches
3. Check and pin in place shoulder pads
4. Demonstrate how to put in lining
5. Workshop of women to do as many of these steps as possible.
6. Give garments last check
7. Demonstrate how to sew on button and finish back of buttonhole
8. Demonstrate the French tack

A new class of tailoring was started in the Superior-Ray area in January. Since the fall classes were so large, this group were asked to wait until January to start. At the first meeting the Agent reviewed with them the points given in the first lesson last fall. A few women had to make pressing equipment, but most of them had already done so. Then they were instructed to make their shoulder pads. Miss Church assisted at the second and third meetings, and the Agent conducted two other meetings.

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Three style shows were given in connection with these tailoring classes. The first one was given at the County Council, held on January 16th, at the Picket Post, near Superior. Twenty-eight women and the Agent styled their garments. There were representatives from each of the four classes, held during the fall months. The class having the least number in attendance was the Hayden class, with only two women modeling their garments.

The Junior Women's Club of Casa Grande asked the Agent to conduct a Style Show of the garments tailored during the fall classes. This Style Show was held on February 6. The following women participated:

Coats:	Mrs. Mildred Hammer, Casa Grande
	Mrs. Minnie Allen, Casa Grande
	Mrs. L. L. Edwards, Casa Grande
	Mrs. Eva Lingard, Casa Grande
Rayon	
Suits:	Mrs. Harold Byrn, Eloy
	Mrs. Christine Meeks, 11-Mile Corner, Coolidge
	Mrs. Helen Hallberg, 11-Mile Corner, Coolidge
	Mrs. Jewel Petersen, Coolidge
	Mrs. Marie Wells, Casa Grande
Woolen	
Suits:	Mrs. Huey Honea, Eloy
	Mrs. Helen Ward, Casa Grande
	Mrs. Carlotta Gilbert, Casa Grande

Mrs. Lee Allen and Mrs. Bob Foy modeled some knitted and crocheted work made under the supervision of Mrs. Clara Palmer. Mrs. Clara Palmer had made some of the hats that were worn in the style show held at Picket Post Lodge, and several of the women were interested in obtaining patterns and material from her later.

The third style show was held at Superior for the Superior-Ray class. This was held on April 4th at the VFW Hall. Those modeling garments were:

Suits:	Mrs. Charlotte Short, Superior
	Mrs. Jane Bonner, Superior
	Mrs. Birma Sanders, Ray
	Mrs. Helen Elliott, Ray
Short	
Coats:	Mrs. Dorothy Olson, Superior
	Mrs. Nora Bunch, Superior
	Mrs. Mary Stacey, Superior
	Mrs. Sue Lindsey, Superior
	Mrs. Lucy Jones, Superior

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Mrs. Jean Wilson, Ray

Long  
Coats: Mrs. Molly Zepeda, Superior  
Mrs. J.O. Bagwell, Superior  
Made-  
over  
Suit: Mrs. Lowell Isom, Superior

The Agent was the moderator for the style show. After these garments were modeled, refreshments were served to those present. The women were very proud of their garments and the visitors very impressed.

One interesting item of this tailoring class was the made-over suit, made by Mrs. Isom. She attended all the classes as a baby-sitter for Charlotte Short's tiny baby. She was very attentive and the agent asked her one day if she was using the information. She replied that she was making over a suit from one of her husband's suits and was quite pleased when asked to model it along with the other women. She had done a very good job, too.

Two letters were written to the fall tailoring classes and one was sent to the spring class, urging the women to send in their score cards. The Agent suggested in these letters that when the score card was mailed to her, it would be an indication that the garment was completed. One date was set aside to assist women with problems. Others called at the office and were assisted. A few home visits were also made to assist the women in finishing their garments.

The following chart shows the final outcome of these classes. to date:

Class	No. Enr'd Sts. Cts.		No. Score cards ret'd	Av. Cost Suits	Est Val Sts	Av Cost sht Ct	Est val. sht Ct.	Av. Cost Long Cts.	Est Val Long Coats
Eloy	7	3	8	\$30	\$73	\$20	\$45	\$37	\$95
Casa Grande	8	9	13	\$26	\$53	\$21	none given	\$42	\$87
11-mile corner	11	3	11	\$30	\$72	\$12	\$33	\$28	none given
Hayden	7	13	15	\$18	\$44	\$22	\$45	\$33	\$75
Superior	6	9	12	\$24	\$61	\$24	\$68	\$30	\$66
Total	39	37							

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This shows sixteen women still have not sent in their score cards. These are:

Eloy class: Mrs. Nathan Coxan - who just had a new baby.  
I believe this garment was finished, however.

Mrs. Nola Tingley - who missed the last two meetings. She is working and has made no report.

#### Casa Grande

Class : Mrs. Kochsmeier - who reports she finished her suit, but did not send in the score card.

Mrs. Powers - finished her garment but did not send in a report.

Mrs. Grace Wilson - worked and missed some of the classes. She was having shoulder pad troubles, and decided to lay the coat aside until fall.

Mrs. Mary L. Windes - was sick and is expecting a baby soon. Promises to finish as soon as possible.

#### 11-Mile

Corner Class: Mrs. Bertha Koenig - was seriously ill and missed the last two classes. Promised to finish the garment as soon as possible.

Mrs. Lofgreen - missed the last two classes. Reports that she did finish.

Hayden Class: Mrs. G. B. Galloway - finished but did not send in a report.

Mrs. Nash was ill, but it is believed that she has finished.

Mrs. Jane Sewell didn't finish but promised to this fall when the weather is more comfortable.

Mrs. F. Yoder and Mrs. M. Yoder finished, I believe.

#### Superior

Class: Mrs. Lucy Jones and Mrs. Sue Lindsey modeled their garments in the style show, so they are complete, but report cards were not sent in.



Mrs. Edna Summer-  
field of Superior  
models her muslin  
pattern of her  
suit.



Mrs. Berma Sanders  
of Ray models her  
wool suit,  
partially made





Finished suits  
made at the fall  
tailoring classes



Finished coats made at the Superior tailoring classes.



Mrs. Jean Wilson of Ray modeling muslin pattern of her short coat.



Mrs. Jean Wilson of Ray modeling short coat ready for sleeves and lining.





Mrs. Ada Tomerlin of  
Superior modeling  
muslin pattern of  
long coat.



Mrs. Ada Tomerlin  
modeling long coat  
ready for sleeves  
and lining.

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Mrs. Grace Rabb works and was slow in completing, but it is believed she has finished.

### Mending and Reweaving

On January 23rd and 24th, the Agent attended the mending and reweaving school in Tucson, conducted by Miss Church, Clothing Specialist. This was in preparation for the leaders training meeting which was held on February 5th at the Florence Community Presbyterian Church. This was one of the lessons high on the program planning list, and has proved to be very well liked and used.

All of the communities excepting Eloy were represented at the leaders training meeting. The leaders attending the meeting were:

Mrs. Dorothy Deifenbaugh	-	Casa Grande	Afternoon
Mrs. Lucille Shepard	-	" "	"
Mrs. Betty Cobb	-	" "	Evening
Mrs. Marion Neagle	-	Winkleman	
Mrs. Catherine Miller	-	"	
Mrs. Stevenson	-	Tiger	
Mrs. Pauline Edwards	-	Ray	
Mrs. Helen Elliott	-	"	
Mrs. Wilber	-	Kenilworth	
Mrs. Helen Hallberg	-	Sun Valley	
Mrs. Christine Meeks	-	" "	
Mrs. Mary Stacey	-	Superior	
Mrs. Lucy Jones	-	"	

The lesson was presented as follows:

- a. What do you mend?
- b. Reinforcements of Ready-to-Wear
- c. Use of Mending Tape
- d. Machine Darning
- e. Glue Patching
- f. Inset Patch
- g. Overall Patch
- h. Darned-in Patch
- i. Tailors Patch or Reweaving

Illustrative material was used in explaining these various kinds of mending and during the afternoon the women practiced making their own illustrative material. This lesson was taken back to the homemakers' clubs during the month of February. All seven of the clubs report having used it and having had a good response. The Tiger women came to this

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meeting so that they could get material to take back to the women in their community in order to get them interested in organizing a homemakers' club in that area. Two of the groups report holding special workshops for those who wished more practice.

The Agent presented this lesson to the Eloy group in May. All patches and mends were demonstrated with special emphasis on the overall patch.

The Agent conducted a mending and reweaving lesson for the Latter Day Saints group in Coolidge. They asked for this shortly before the leader training meeting was held, and the Agent suggested that they send leaders to the meeting. However, they said they would rather the Agent gave this lesson in person, and promised to send leaders hereafter to the other leader training meetings. Since this mending and reweaving is on their yearly program, they were very happy to get the information. Several women tried the overall patch at the meeting and were pleased with it.

Two homemakers report that they conducted a Mending and Reweaving lesson with their Latter Day Saints groups. These were Mrs. Mary Stacey of Superior and Mrs. Stella Downey of Hayden. They report that this lesson was received very well, and it has helped the women meet their yearly program requirements. The Agent conducted the Mending and Reweaving lesson for the Tiger women. These women were particularly interested in the overall patch. Some of them stated that they had seen pictures of it but had never quite understood how it was done. This lesson clarified the work for them, and it is hoped they will be able to use it many times.

All in all, this lesson was given to nine groups by the leaders and three groups by the agent. The clothing leaders are keeping an account of the results of this lesson and should have a good report this fall.

The new Sonora Club has asked for this lesson and Mrs. Helen Elliott of Ray expects to present it to them early in the fall.

#### Other

The Sun Valley women wanted a lesson on Textile painting and the Agent suggested that they get two of the Casa Grande women to present it. Mrs. Shepard and Mrs. Branum of the afternoon club gave this demonstration in May and report a very good meeting.

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Information

News articles published in this field were:

Read Labels when Buying Fabrics  
Tailoring Meetings  
Sewing Machine Shopping  
Tailoring Classes Completed  
Needle For Home Jobs  
Numerous Uses for Old Sheets  
Home Sewing Tips #1  
Tailoring Techniques  
Home Sewing Tips #2  
Stay Stitching  
Home Sewing Tips #3  
Bound Buttonholes

Mending - Levi Patch  
Fitting Coats and Suits

35  
"Letter Sent to Clothing Leaders and Presidents"

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
CASA GRANDE

UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE  
U. S. DEPARTMENT OF AGRICULTURE  
AND PINAL COUNTY COOPERATING

January 29, 1952

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK  
COUNTY AGENT WORK

To all Clothing Leaders:

The Mending and Reweaving Leader Training Meeting will be held at the Florence Presbyterian Church on February 5th at 10:00 A.M. This is an all day meeting, so please bring a sack lunch.

There are several types of mending which you will wish to learn. You will no doubt wish to make samples to show at your own club meeting. For these samples, please bring the following:

1. One Crochet Hook - Size 9 - 12
2. Small Sewing Equipment
3. Piece of wool plain weave - rather coarse yarns - a tweed would be excellent. A piece at least 8" square, plus a piece 5"x 5" (to do reweaving)
4. A sleeve or trouser cuff to be repaired from coat or suit of a man or woman's suit.
5. Scraps of rayon or silk for patch. Also cotton woven design gingham.
6. A knit garment or piece of garment
7. Mercerized thread to match materials

Sincerely,

*Mae Baldridge*

Mae Baldridge  
Home Demonstration Agent

MB/mm

Mae Baldrige  
Pinal County  
1952

## FOOD PRESERVATION AND STORAGE

### Freezing

On May 20th, Miss Barley, Pima County Home Demonstration Agent, worked with the Agent on newer methods of freezing. Most of the time was devoted to freezing prepared foods, and planning a meal from frozen foods. This information was used in filling the freezing workshop requests.

Two freezing demonstrations were given. The first demonstration was given at Tiger on June 21. This was a request that had been presented as soon as the Tiger club was organized. Many of the women in this area have purchased freezer boxes through the food plan system. They were aware of the need for more information on packaging and freezing and on preserving their garden products. At the time of the demonstration the apricots were ripe in that area, and several of the women planned to freeze these immediately following the demonstration.

This demonstration was presented in the following manner:

- A. Principles of freezing
  - 1. Keep moisture in
  - 2. Keep air out
  - 3. Effects on seasoning
- B. Packaging Materials
  - 1. Rigid
  - 2. Non-rigid
  - 3. Size, shape, sealing, and re-use.
- C. General Steps in Freezing
  - 1. Quality of Food not changed
  - 2. Work quicker
  - 3. Wash and Clean
  - 4. Prepare as needed
  - 5. Pack in container
  - 6. Label and date
  - 7. Place immediately in freezer
- D. Freezing Meats
  - 1. Selection
  - 2. Wrapping
- E. Freezing Fruits
  - 1. Selection
  - 2. Preparation
  - 3. Various methods of packaging
  - 4. Preventing darkening of some fruits
  - 5. Packing and storing
- F. Freezing Vegetables
  - 1. Selection and preparation
  - 2. Blanching and cooling
  - 3. Packing and storing
- G. How to Use Frozen Fruits and Vegetables

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- H. ~~S~~orage of Cooked Foods
  - 1. Meals from the freezer
  - 2. Storage of left-overs
  - 3. Miscellaneous suggestions
- I. Summary and Questions

The second demonstration was held on July 1st, at the Square Dance Hall in Ray. Representatives from Hayden-Winkleman, Sonora, and Ray attended this meeting, which was presented by the above outline. The Sears Roebuck representative from the Globe office had asked to be allowed to furnish a freezer for this workshop. He contacted the Ray Homemakers' president and plans were made through her for this accommodation. It was a very satisfactory meeting, and the women enjoyed a chance to participate, which was given them when the fruits and vegetables were prepared. The attendance was not as large as was expected, due probably to a mining accident which had happened that week.

#### Information

News articles published in this field were:

New Insurance For Frozen Foods

One radio broadcast was made:

Freezing Information

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FAMILY RELATIONSHIPS

Guide for Working With Youth

On March 6, the Agent attended a workshop in Tucson conducted by Mrs. Lydia Ann Lynde, Washington Extension Specialist in parent education. Three leaders attended this workshop. Mrs. Jane Peters and Mrs. Ida Brønnum of Casa Grande went to the Phoenix meeting and Miss Dorothy Price of Eloy went to Tucson. Mrs. Lynde outlined the stages of child development. Under these, she showed the parent's and the child's viewpoint.



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### RECREATION AND COMMUNITY LIFE

Seven of the homemaker's clubs held their annual Christmas party in December. Kenilworth was the only club who did not do so. Each club planned and conducted their own party.

The Sun Valley club planned in their year book to meet twice a month instead of once a month. The meeting on the third Thursday was to be their regular lesson meeting and the one on the first Thursday was to be mainly for recreational purposes. In February, this extra meeting was used to sponsor a tour of the Children's Colony. In March, they had a husbands' party with a pot luck supper and games and cards. In April, they had a leathercraft class taught by one of their members, and in May, they had a textile painting class taught by two women from Casa Grande.

In June, two clubs held family picnics as a farewell get-together before their summer vacations. These were Kenilworth and Superior. The Kenilworth group met at the home of Mrs. Gloria England and enjoyed her swimming pool. The Superior group met at the home of Mrs. Dorothy Olson. The Eloy club held a family potluck for their regular June meeting. The Ray homemakers report having a farewell party for one of their members. This was a special meeting aside from their regular meeting.

### Community Service

Early in the spring, the Agent was invited to attend an open house at the new Casa Grande Community Hospital. While attending this open house, it was called to her attention that there would be need for draperies and curtains on screens. Some of the draperies were donated and were already made. Others had to be made. Mrs. Blodwin Thode is chairman of the hospital building and decorations. The agent assured her that some of the homemakers would no doubt be able to help with some of this sewing, if needed. As a result of this, on June 27, the Casa Grande Afternoon Homemakers spent their usual all-day meeting working on screens for the Hospital. Mrs. Thode reports an excellent job and was very appreciative.

### Information

The following news articles were published in connection with Recreation and Community Life:

Setting the Stage for a Party #1, #2, and #3.  
Family and Community Recreation.

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#### HOME BEAUTIFICATION

A pruning demonstration was scheduled for January 30th at the home of Mrs. Ruth Quarelli. The Agent attended this meeting with the County Agent, K. K. Henness, Last year Mrs. Quarelli had a similar demonstration and at that time staked out spots suggested by Mr. Tate for new shrubs and ornamental trees. It was interesting to note how these had grown during the past year. She has made quite an improvement, and at this meeting Mr. Tate made suggestions for moving rose bushes and replanting plants which had died. He also demonstrated pruning fruit trees. Mrs. Quarelli has several types of young trees which were excellent for this type of demonstration. The entire day was very beneficial to the Agent. The Agent is regarding this as a Result Demonstration because Mr. Tate called attention to the improvemant which had been made as a result of last year's suggestions.

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### HEALTH AND SAFETY

Last fall, when the county program was planned, it was decided that each club should have one health program during the year. Special emphasis was made on the Civilian Defense Program.

To date, five clubs have held their health programs. These are Tiger, Casa Grande Evening, Winkleman, Ray, and Kenilworth.

The Tiger club used the Diabetes Loan Kit and report a very satisfactory meeting. One report sheet has been sent in as a result of this lesson. The Casa Grande Evening Club used two films on Self Detection of Cancer. They had hoped to obtain the new film on this subject that was shown at Country Life Conference, but it was not available. The Winkleman Club report a very interesting lesson on Equipping a Home First Aid Kit. They report that a registered nurse who lives in that area gave this lesson. The Ray homemakers invited the company nurse, Mrs. Blair, to talk to them on general health problems. She also told them of some of the new medicines. At Kenilworth, Mrs. Hazel Jones had just completed a First Aid Course so she gave a portion of this course to the homemakers at an all-day meeting. This was stressed as an effort to participate in the Civilian Defense Program.

### Information

The following news articles were published concerning Health and Safety:

Cleaning Lessens Home Fire Danger  
Control of Household Pests